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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE !

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COOKING LESS TENDER MEATS
(Continued)

Simmering or cooking in water is another method of moist heat cookery. It is the method used in preparing stews and also in cooking large cuts of less tender but well flavored meat. This method is usually called stewing and boiling. The term boiling is misleading, since better results are obtained from the standpoint of palatability and shrinkage if meat is cooked below the boiling point or at simmering temperature. This is the method, too, of preparing meat soup stocks for gravy and soup stock.

Steps in Simmering Large Cuts

1. Cover the meat entirely with water (hot or cold) to insure uniform cooking.

2. Season with salt, pepper and herbs. Used wisely, herbs and spices improve the flavor of simmering meats. Various combinations of the following will give interesting results. Bay leaves, thyme, marjoram, parsley, green pepper, celery and onion tops, garlic, cloves, peppercorn and allspice; also tomatoes or tomato juice, chili sauce, catsup, and any vegetable juices on hand.

3. Cover kettle closely and simmer only until tender.

4. Vegetables may be cooked with the meat, adding them whole or in large pieces just in time for them to be done when the meat is tender.

5. If the meat is to be served cold, let it cool, then chill in its own stock to retain flavor and help prevent undue shrinkage.

Steps in Preparing a Stew -

1. Cut boneless or unboned meat into uniform pieces. To avoid bone splinters, do not chop unboned meat with cleaver.

2. Season meat with salt and pepper and if a brown stew is desired, dredge with flour and brown meat on all sides in additional fat.

(over)

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3. Add just enough water, hot or cold, to cover the meat and add any herb seasonings desired.

4. Cover kettle closely and simmer until the meat is tender, from one and one-half to two and one-half hours.

5. Add any combination of vegetables desired cut in uniform pieces only long enough before meat is done for them to cook tender. Bright green vegetables such as peas or beans should be cooked separately and added just shortly before serving.

6. Remove meat and vegetables to a pan to keep hot and thicken the stock. (Use 1 cup (four ounces) of flour mixed in cold water to each one-half gallon of stock).

7. Pour gravy over meat and vegetables and serve very hot.

Stews may be turned into meat pies by using a top of biscuits, short cake dough, pastry, mashed potatoes or cereals, etc.

MEAT CUTS FOR SIMMERING (Cooking in Water)
Less Tender

Beef		Lamb		Pork		Veal	Variety
Fresh	Corned		Fresh	Smoked			Meats
Chuck (all cuts)	Brisket	Neck	Spareribs	Ham		Neck	Kidney
Rump butt	Rump	Breast	Backbones	Shoulder		Shank	Heart
Shank	Plate	Flank	Pigs Feet	Picnic		Breast	Tongue
Heel of Round	Round	Shanks	Hocks	Shoulder Butt		Flank	For Pre-cooking:
Brisket				Hocks			Brains
Plate							Sweetbreads
Flank							
Short Ribs							

TIME-TABLE FOR SIMMERING (Cooking in Water)
(Large Cuts and Stews)

Cut	Av. Size or Weight	Approximate Cooking Time	
		minutes per pound	total hours
Fresh beef	4 to 8 pounds	40 to 50	3 to 4
Corned beef	6 to 8 pounds	40 to 50	4 to 6
Fresh pork	Weight desired	30	
Smoked whole Ham	12 to 16 pounds	18 to 20	4 to 5
Smoked half ham	6 to 8 pounds	25	2-1/2 to 3-1/2
Smoked picnic	4 to 8 pounds	35 to 45	3 to 4-1/2
Stew, lamb or veal	1 to 2 inch cubes		1-1/2 to 2
Stew, beef	1 to 2 inch cubes		2 to 3

This concludes the series of bulletins on meat cookery. Other subjects will follow.